

Make
**Calcium
Count**
For You

Bone up on Basics

True or False?



Questions	Answers
Bones are dry and dead.	False. Bones are alive. They start to grow even before you are born. As you grow your bones grow. Foods such as milk and yogurt have calcium. Calcium helps bones to grow strong and healthy.
Bones have blood inside.	True. Bigger, longer bones, such as the leg bone, have space inside. The spaces are filled with bone marrow. Red bone marrow makes red blood cells.
Bones give your body shape, support and protection.	True. Without bones you would flop around like a wet noodle. Bones hold up your body and protect internal organs such as your heart.
A baby has about 350 bones but an adult has only 206.	True. Wiggle the tip of your nose. It feels rubbery because it is made of cartilage. Babies' bones are soft and are made mostly of cartilage. As a baby grows, the bones fuse together and harden. For example, a baby's skull has many bone parts that fuse together later.
Bones that break cannot heal.	False. If you cut your skin, a scab forms and the skin begins to heal. If you break a bone, an inside scab or clot forms to stop the bone from bleeding. Then the body works to rebuild the bone and help it to heal.
A giraffe has more bones in its neck than a human being has in his or her neck.	False. Both giraffes and human beings have seven bones in their necks. However, each giraffe neck bone is ten inches long!
The pinkie finger is the smallest bone.	False. The smallest bone is found inside the ear. This ear bone is so small (3 mm) that it can fit on the fingernail of your pinkie!

Reference: Western Dairy Association, 12000 North Washington Street, Suite 200, Thornton, CO 80241; 800.274.6455, www.wdairycouncil.com ~ Instructor, October 1998. Permission granted to reproduce. 2000.

Developed by: Denise Zimmer, RD, *Eat Smart Be Smart Guide: Lesson 4th—Make Calcium Count for You.*

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